

EXERCISE AT HOME OR ON THE GO!

With little to no equipment

GET SMART! ACTIVE APPS



SworKit

Pick your time (5-60min) and type of workout (strength, yoga, cardio, or stretching) and SworKit will provide the exercises.



Daily Yoga

Provides 7 free beginner yoga workouts, with hundreds of paid advanced workouts for subscribers.



J&J Official 7 Minute Workout

Provides free 7 minutes home workouts, perfect before or after work.



Aaptiv

A fitness trainer vocally guides you through a cardio based workout on the elliptical, treadmill, bike, etc.

FREE WORKOUT VIDEOS (YOUTUBE)

Did you know YouTube has tons of FREE high quality workout videos for all fitness levels? Look up some of the videos below on your smartphone, smartTV, or computer.

Chair Exercise (Beginner/Injury)

HASfit - [14 Min Chair Workout w/ Coach Kozak](#)
Caroline Jordan - [20-Minute Advanced Chair Cardio Workout Video You Can Do With A Foot or Ankle Injury](#)
Pahla Bowers - [* High Intensity SEATED CARDIO + Bodyweight STRENGTH | 25 Minute](#)

Dance Fitness (All Levels)

BeFit - [10 Minute Cardio Dance Abs Workout](#)
OneHowto - [Zumba Workout for Beginners](#)
POPSUGAR Fitness - [45-Minute Cardio Dance Workout](#)

Strength Workouts (with Weights)

HASfit - [17 Min Strength Training Workout for Beginners](#)
Fitness Blender - [Total Body Strength Workout](#) (35 min)
HASfit - [50 Min Total Body Strength Workout with Weights](#)

High Intensity (Advanced)

FitnessBlender - [Brutal HIIT Ladder Workout - 20 Min](#)
Fitness Blender - [Insane HIIT Challenge - Bodyweight Only](#)
HASfit - [45 Min Ultimate Cardio Kickboxing Workout](#)

Pilates & Yoga (Beginner/Injury)

Yoga with Adriane - [Yoga For Lower Back Pain](#)
Blogilates - [Slim 'n Sculpt! Beginner's POP Pilates](#)
Millionaire Hoy - [30 Min. Total Body Deep Stretch Yoga for Runners and HIIT Athletes](#)

Weekly Challenges (All Levels)

Yoga with Adriane - [30 Days of Yoga Challenge](#)
Fitness Blender - [5 Day Workout Challenge: 30 Minute Workouts or Less](#)
Fitness Blender - [5 Day Challenge - Strong and Lean](#)

JUST MOVING COUNTS!

Do not underestimate the effects of unplanned physical activity throughout the day. If you have a busy day, these can count towards your step goal:

- Cleaning the house
- Yard work
- Walk the dog
- Playing outside with the kids
- Park further away
- Walk or take the stairs during errands

EQUIPMENT BASICS
































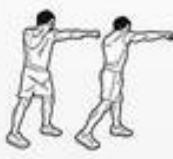





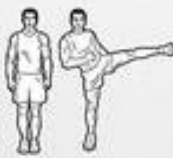




Interested in purchasing some basic equipment? Save money by purchasing online (Ebay) or at a consignment store (Play It Again Sports). Here are some basics to get started:

- Yoga mat & foam roller
- Resistance Bands
- 1 set of lighter dumbbells (5-15lb)
- 1 set or heavier dumbbells (20-40lb)
- Treadmill/Elliptical/bike

BODYWEIGHT EXERCISES

Created by Megan Lautz, MS, RDN, LDN, CPT

Image by [Darebee](#)

abs	quads	glutes	triceps	biceps	back	chest
 sit-ups	 lunges	 squats	 close grip push-ups	 chin-ups	 pull-ups	 push-ups
 reverse crunches	 high knees	 donkey kicks	 tricep dips	 backfists	 scapular shrugs	 chest expansions
 bicycle crunches	 side kicks	 bridges	 tricep extensions	 doorframe rows	 superman	 chest squeezes
 flutter kicks	 climbers	 jump knee tucks	 get-ups	 body rows	 back lifts	 pike push-ups
 leg raises	 plank jump-ins	 fly steps	 punches	 sitting pull-ups	 alt arm/leg plank	 shoulder taps
 elbow plank	 lunges step-ups	 side leg raises	 side-to-side chops	 pseudo planche	 reverse angels	 clapping push-ups